NORTH-EAST METROPOLITAN REGIONAL HOSPITAL BOARD.

The Twelfth

Annual Report of
Runwell Hospital

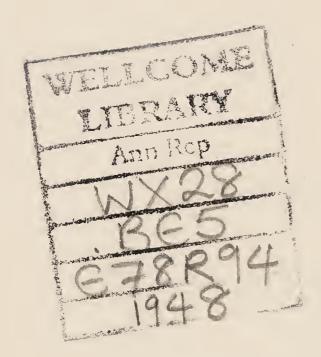
FOR THE YEAR
1948



NORTH-EAST METROPOLITAN REGIONAL HOSPITAL BOARD.

The Twelfth Annual Report of Runwell Hospital

FOR THE YEAR
1948



## Management Committee

## Chairman:

E. A. WOOD, Esq., 4, Creighton Avenue, East Ham, London, E. 6.

### Vice-Chairman:

G. H. HORNBY, Esq., 54, Birchwood Drive, Leigh-on-Sea, Essex.

## Members:

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DR. R. SLEIGH JOHNSON, 17, King's Road, Westcliff-on-Sea, Essex.

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J. POTTS, Esq., 161, Western Road, Leigh-on-Sea, Essex.

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MISS I. M. L. SYER, D.N. Lond., The General Hospital, Southend-on-Sea, Essex.

MRS. A. TAYLOR, J.P., 82, Parkhurst Road, Manor Park, London, E. 12.

MRS. A. F. WARR, 236a, High Road, Chadwell Heath, Essex.

## Officers of the Hospital

## PSYCHIATRIC STAFF

Ćonsultant Psychiatrist	and	Rolf Ström-Olsen, M.D., B.Ch., B.Sc., D.P.M
Deputy Physician Supt. and Consultant Psychiatrist	d 	S. L. Last, M.D., L.R.C.P.E., D.P.M.
Senior Physician and Consultant Psychiatrist	•••	W. P. Berrington, M.D., B.Ch., B.A.O., D.P.M.
Senior Hospital Medical Officers	•••	G. A. van Someren, M.R.C.S., L.R.C.P., D.P.M.
		Max Valentine, M.D., Ch.B., D.P.M.
Senior Registrars		E. H. Cranswick, M.B., B.S., D.P.M.
0		S. C. Macmillan, M.B., Ch.B., D.P.M.
Psychotherapist (part-time)		J. Bierer, M.D.
Director of Research	•••	H. Weil-Malherbe D.Sc., M.D.
Clinical Research Fellow	•••	P. Macdonald Tow, M.B., B.S.
Research Worker in Electro	oen-	1. Indeadnate 10 w, mil. J. D. D.
cephalography (under Mical Research Council).	lea-	Norman Ellis.
Psychologist	• • •	Graham Foulds, M.A.
Neuropathologist (trainee)		J. A. N. Corsellis, M.R.C.S., L.R.C.P.
Registrars		3 VACANCIES.
House Officers (3rd year)	• • •	S. Rydlewski, M.B., Ch.B.
Thouse Officers (sta year)	• • •	W. S. Morgan, M.B., B.S.
		J. D. Montagu, M.R.C,S., L.R.C.P.
VIS	SITIN	IG MEDICAL STAFF
Neurologist		T. Rowland Hill, M.D., M.R.C.P.

3.7 7 .				
Neurologist				T. Rowland Hill, M.D., M.R.C.P.
Physician		• • •		R. Sleigh Johnson, M.D., M.R.C.P.
Surgeons				Donald Barlow, M.S., F.R.C.S.
				H. G. Ungley, V.R.D., M.D., F.R.C.S.
				A. K. Monro, M.D., F.R.C.S.
Neurological S	Surgeon	ı	• • •	G. C. Knight, F.R.C.S.
Oto-Laryngolo	ogist		•••	I. Vitenson, M.R.C.S., L.R.C.P.
Gynæcologists		• • •		J. Lyle Cameron, M.D., F.R.C.S.
				Eileen M. Whapham, M.D., F.R.CS., M.R.C.O.G.
Ophthalmolog	ist			D. D. Evans, M.D., D.O.M.S.
Radiologist				APPOINTMENT VACANT
Dental Surge	on			Cyril S. Anderson, L.D.S., R.C.S.Eng.
Anæsthetists			• • •	A. H. Galley, M.B., B.S., D.A.
				J. Alfred Lee, M.R.C.S., L.R.C.P., D.A.

#### OFFICERS OF THE HOSPITAL (continued)

Secretary & Finance Officer ... T. Fitzroy Kelly, F.H.A.

Deputy Secretary & Finance

Officer ... W. H. Styche, F.H.A.

Matron ... Miss M. J. A. Titterington, S.R.N.,

S.R.M.N.

Deputy Matron ... Miss Ada Dalton, S.R.N., S.R.M.N., C.M.B.

Resident Engineer ... W. A. Flack, A.M.Ist.B.E.

Pharmacist ... W. S. Hodgson, M.P.S., M.I.C.O.

Chief Laboratory Technician

and Radiographer ... T. C. Hall, F.I.M.L.T., M.S.R.

Psychiatric Social Workers ... Miss M. C. Fanta.

Miss Betty Wilson, B.A.

Miss Helen Bourkser.

Social Worker ... Mr. Kenneth Hedge.

Occupation Therapists ... Miss K. Thompson, M.A.O.T.

Mr. J. A. Worthington, M.A.O.T.

Physical Training Instructor ... Mr. S. F. Brown.

CHAPLAINS

Church of England ... Rev. P. F. H. How-(Resident).

Free Church ... Rev. R. J. Marles.

Roman Catholic ... Rev. W. J. Loveland.

## Report of the Physician Superintendent FOR THE YEAR 1948.

To the Chairman and Members of the Management Committee of the Runwell Hospital (Group 22 of the North-East Metropolitan Regional Hospital Board)

I have the honour to present the twelfth Annual Medical Report of the Hospital for the year ending December 31st 1948.

#### Statistics.

On the 1st January, 1948, there were resident 1,019 patients (390 male and 629 female) including 8 males of the Service Class.

There were admitted during 1948, 660 patients (269 male and 391 female). Of these, 611 (251 male and 360 female) were direct admissions. The remainder were made up as tollows:— Transferred from other mental hospitals 1 male and 5 females; regraded from voluntary to certified status 3 males and 2 females; from temporary to voluntary status 3 males and 10 females; from certified to voluntary status 3 males and 7 females; from certified to voluntary status 8 males and 7 females. These regraded cases are not included in the subjoined tables.

Departures and discharges during 1948 amounted to 530 (213 male and 317 female) as follows:—

HOW DISCHARGED		Voluntary			Temporary			Certified		
		F	Total	M	F	Total	M	F	Total	
Recovered	70	121	191	2	7	9	15	44	59	
Relieved	85	98	183	1	2	3	1	2	3	
Not improved	36	41	77		1	1	3		3	
Removed to other  Mental Hospitals	-			_	_	-	_	1	1	
Total	191	260	) 451	3	10	13	19	47	66	

The deaths numbered 59 (23 male and 36 female) or 5.8% and 5.7% respectively of the average daily number of each sex resident. Autopsies were performed in 47 cases, i.e. 79.7% of the total number of deaths.

One inquest was held during the year on a male patient, and an open verdict was returned of drowning following concussion, deceased having been found in the bottom of the ornamental pond and having died in circumstances not disclosed by the evidence.

On the 1st January, 1949, there were resident 1,047 patients; [voluntary 290 (134 male and 156 female) (including 1 male Service and 1 male and 4 female private patients); temporary 11 (4 male and 7 female) (including 1 male Service patient); certified 746 (268 male and 478 female) (including 5 male Service and 4 male and 4 female private patients).]

The recoveries numbered 259 (87 male and 172 female). Calculated upon the direct admissions this indicates a recovery rate of 34.7% for males and 47.8% for females. In addition to the 259 recoveries, 189 patients left relieved, and these two figures together, calculated upon the direct admissions, give a percentage of 73.3, recovered and relieved.

During 1948, 80.7% of the direct admissions were received under the Mental Treatment Act 1930, namely 75.3% voluntary and 5.4% temporary patients.

#### Accommodation Provided and Available.

Accommodation provided:	• • •	Males 408	Females 624
Patients on Civil Registers		106	6.44
at 1st January, 1949	e = •	406	641
Excess or deficiency of accommodation	* * *	+2	<u>-17</u>

Weekly charge for rate-aided patients from the County Boroughs of East Ham and Southend-on-Sea:-

Quarter ended 31st March, 1948	73s.	6d.
Period ended 4th July, 1948	66s.	6d.

#### General Health.

The general health of the population has been maintained at a high level, the hospital remaining entirely free from enteritis and dysentery. The following cases of infectious diseases were notified during the year:-

Pulmonary Tuberculosis ... 10

#### Treatment.

The routine physical treatments have been carried out in all suitable cases. These include deep insulin, modified insulin, E.C.T., leptazol therapy, prolonged narcosis, narco-analysis and other specific treatments such as penicillin for G.P.I. It is not contemplated starting electro-narcosis.

Prefrontal leucotomy is being carried out by Mr. Geoffrey C. Knight and the results have been uniformly good, though we are being much more conservative in the selection of material for this operation. During 1948 the number of cases operated on was 14. It is anticipated that soon, through the courtesy of the South-East Metropolitan Regional Hospital Board, we will be able to submit a number of suitable patients to the new treatment of topectomy, also to be carried out by Mr. Geoffrey Knight. The patients undergoing this form of treatment will be transferred for a short time to the Neurosurgical Unit at Dartford, returning to Runwell after the operation. Besides forming a more rational basis for the neurosurgical treatment of mental disorder, topectomy offers great opportunities for the study of personality defects and psychological changes after treatment. This work is being undertaken by Dr. P. Macdonald Tow.

#### RESULTS OF INSULIN COMA TREATMENT IN 431 CASES.

		a.	Other States	Total	
Full Recovery	69 19.9%			114	26.4%)
Social Recovery		36.7%	14	72	26.4%) 43.2%) 64.3%
Improved	82		60.4%	91	64.3%
No change	137	39.6%	17	154	35.7%
	346		85	431	

### Occupational and Recreational Therapy.

This Department has suffered from depletion of staff, but it has been found possible to keep the whole of the department open, including the Boundary House O. T. Units, except for very short periods. One appointment which has proved a very marked success is that of Physical Training Instructor. Since this post was filled in February, 1949, reports have come in from patients and staff showing how much this form of treatment is appreciated. Emphasis is laid on the instruction of new patients, but the instructor has found time to include all chronic wards. In the summer time training takes place out of doors and in winter the patients go to the recreation hall. Female patients have also been included in these classes recently.

There have been no changes in the number of visiting specialists; 46 major and 43 minor operations have been performed by the consulting surgeons during the year. I regret to say that we have lost the services of Dr. G. White Phillips, radiologist to the hospital since 1937.

## Dental Department.

The following are the statistics for the department during 1948:-

Total number of patients seen	908			
Routine new consultations	683			
Total number of teeth extracted	530			
Total number of general anæsthetic cases	38			
number of teeth extracted	333			
Total number of local anæsthetic cases	120			
number of teeth extracted	197			
Fillings and scalings	87			
Surgical extractions				
Appointments for staff				

X-rays have been taken, dentures fitted and repaired where necessary.

General anæsthetics have been administered every fifth week by Dr. J. A. Lee for difficult patients and for oral surgery.

It is satisfactory to note that although more patients have been seen, the number of extractions required is still steadily decreasing, and conservative dentistry is on the increase.

The dental health of the patients is now vastly superior to that of several years ago, and all new admissions are seen at the earliest opportunity and all gross dental sepsis cleared with the minimum delay. Members of the staff have been seen for the relief of pain, but their conservative dentistry can now be completed outside the hospital under the Health Act.

#### Out-Patient Clinics.

The following table shows the distribution of the outpatient clinic cases for the year 1948:-

			Total Attendances	
		Cases	(New & Old Cases)	Runwell Hpl.
East Ham	Male	169	1,083	37
Memorial Hospital	Female	181	1,741	48
	Total	350	2,824	85
Southend	Male	221	1,190	31
General Hospital	Female	264	1,827	58
	Total	485	3,017	89
Total		835	5,841	174

### Social Service Department.

We have been fortunate this year in increasing our staff to the full complement of 4, so that we are now able to take on more work, both when patients come into hospital and after they leave. In addition, we have been able to spend more time in research work and in furthering contacts with outside social agencies.

Our attendance at the Therapeutic Clubs and Out-Patient Clinics has continued but in July, 1948, we ceased attending the Child Guidance Clinic, East Ham, as this was then taken over by the local Education Authority.

In January, 1948, Miss Matthews joined the staff as Social Worker and in September and October Miss Fanta and Miss Johnson were appointed as Psychiatric Social Workers.

The following table gives statistics of the department's activities for the year 1948:-

Number of cases referred to Social Workers:-

In-	patients	• • •	• • •	• • •	•••	 •••	•••	438
				East	Ham	South	nend	
Ou	t-patients							
F	Adults			8	5	127	7	
	Children			5	8			
				14		127	7 —	270

Number of visits paid:-

On admission to hospital	• • •	• • •	• • •	• • •	281	
Follow-up, After-care, Leucoto	my 8	k Insulin	1		1,064	
Relatives and friends contacted	• • •	• • •	• • •	•••	665	
Number of social histories obtain	ed or	n:-				
	(a)	in-pati	ents		325	
	(b)	out-pa	tients	• • •	553	
	(c)	childre	n	• • •	22	
Number of special reports		• • •	•••	• • •	86	
Number of leucotomy reports	• • •	• • •	• • •	• • •	78	
Number of insulin reports	•••	• • •	• • •	• • •	57	
Number of visits made to P.S.W's	s in tl	he hospii	al and	clinic	s 339	
Financial help arranged	•••	• • •	• • •	•••	17	
Convalescence and holidays arran	iged	• • •	•••	• • •	34	
Housing Authorities contacted as	nd ho	ostel or h	ome a	rrange	d 46	
Clothing provided	•••	• • •	• • •	• • •	7	
Work arranged	•••	• • •	•••	• • •	50	
Training arranged	•••	• • •	• • •	• • •	3	
Employers (prospective and other	rwise	e) contac	ted	•••	71	
Social and club activities arranged	d	• • •	• • •	•••	17	
Foster Homes arranged	• • •	•••	• • •	• • •	7	
Miscellaneous social work	• • •	• • •	• • •	• • •	27	
Home Help arranged	•••	• • •	•••	• • •	5	
Advertisements inserted	• • •	• • •	•••	• • •	7	
Number of letters written	• • •	•••	• • •	• • •	2,849	
Co-operation with the following agencie	s and	lindividi	ials in	the st	ated num	nher
of cases is gratefully acknowledged:	Sand	i iiiai v iai	adio III	the sta	iced fruit	1001
					06	
Mental After-Care Association			• • •	•••	26	
National Association for Mental				•••	8	
Local Education Authorities and	Publi	ic Health	ı Depa	rtmen		
Ministry of Labour	• • •	• • •	•••	• • •	49	
	• • •		•••	•••	22	
Other Psychiatric Social Worker			•••	• • •	26	
Legal Aid - including Poor Man's	s Lav	vyer	• • •	• • •	7	
Ex-Services Welfare Society	•••	• • •	• • •	•••	7	
Birth Control Clinics		• • •		• • •	3	
Church Army		• • •	•••	• • •	2	
Roffey Park Rehabilitation Centr		• • •	• • •	• • •	7	
National Institute of Industrial F	'sych	ology.	• • •	• • •	3	
Children's Officer	• • •	• • •	•••	•••	6	
Other Charities and Authorities	• • •	• • •		• • •	85	
National Assistance Board	• • •	• • •	• • •	• • •	32	
Southend Civic Guild of Help	• • •	• • •	• • •	•••	8	
W.V.S	• • •	• • •	• • •	•••	3	
Convent of The Good Shepherd	• • •	• • •	• • •	•••	1	
Distressed Gentlefolk's Aid Socie	ety	• • •	•••	• • •	1	

## X-Ray Department.

The following skiagrams were carried out during the year:-

					Cases.
Barium Meals	3	•••	• • •	• • •	16
" Enema	ata	• • •	• • •	. • •	5
Skulls	• • •	•••	• • •	• • •	43
Bones:					
Foot, ankle	, leg,	knee	• • •	• • •	39
Hand, wrist	t, for	earm, el	bow	•••	77
Shoulder	• • •	•••	• • •	•••	17
Ribs	• • •	• • •	• • •	• • •	8
Spine	• • •	•••	• • •	• • •	22
Hip and pe	lvis	•••	• • •	• • •	21
Sinuses	• • •	• • •		• • •	23
Gall Bladder	• • •	• • •	• • •	• • •	5
Renal tract	• • •	***	• • •	• • •	5
Abdomen	• • •	• • •	• • •	• • •	6
Air encephalo	ogran	1s	• • •	• • •	3
Nose	• • •	• • •	• • •	•••	4
Teeth	•••	• • •	• • •	•••	15
Screenings		• •	• • •	• • •	18
Chest and hea	art	• • •	•••	• • •	263
Mastoids		•••	• • •	•••	1
Jaw		• • •	• • •		2

## Pathological Investigations.

## Biochemical.

Urines, (routine, & special)			2,589
D1 1D '1	• • •	• • •	564
	• • •	• • •	
,, Urea	• • •	• • •	94
,, Calcium		• • •	6
,, Chloride			24
" Sugars (individual)			98
" Sugar Curve and H.I.			46
Urine Chlorides	• • •		54
C.S.F. — complete examinati		• • •	91
	10115	• • •	24
	• • •	• • •	
Fractional Test Meals		• • •	24
Histamine Test Meals			12
N.P.N			10
Cholesterol, Blood			36
Plasma Proteins			21
Cholinesterases in Blood	• • •	* * *	246
	• • •	• • •	
Bromide Permeability Tests	• • •		34
Van den Berghs	• • •		18
Blood Sodium			12

Haematological.					
Blood Counts	• • •		• • •		628
Differentials	• • •	• • •		• • •	152
Malaria Films			• • •		10
Sedimentation Rat	tes	• • •	• • •	• • •	579
Blood Groups Bleeding Times	• • •	• • •	• • •	• • •	51
Clotting Times		• • •	• • •	• • •	4
Packed Cell Volum		• • •	• • •	• • •	21
		•••	• • •	• • •	(mar)b.
Serological.					
Kahn Test	• • •	• • •	• • •	• • •	543
Agglutinations			• • •	• • •	34
Bacteriological.					
Rectal Swabs		• • •	• • •	• • •	752
Throat Swabs		• • •	• • •	• • •	99
Urines	• • •	• • •	• • •	• • •	121
Sputa	• • •	• • •	• • •	• • •	148
Miscellaneous		 C S E	• • •	• • •	86
Penicillin assay, bl	.000 X	C.S.F.	• • •	• • •	124
General.					
Photographs		• • •	• • •	• • •	286
Lantern Slides			• • •	• • •	56

#### Research Department.

## (a) BIOCHEMICAL.

EFFECTS OF BLOOD CONSTITUENTS ON HEXOKINASE ACTIVITY.

During the year 1949 the major part of our time was occupied by studies on the effects of constituents of human blood on the activity of rat brain hexokinase. This enzyme which regulates the rate of glucose metabolism is assumed to be under hormonal control. It has been found that the addition of human plasma may affect the hexokinase activity of rat brain extracts. A study of these effects strongly suggests that they are due to the presence of hormones in plasma. With the aid of this reaction the hormonal response of normal and of physically or mentally ill individuals to various stimuli and therapeutic procedures has been investigated. It has been found, e.g., that E.C.T. has a diphasic effect on plasma hormones causing the appearance first of activators and later of inhibitors of hexokinase. Similar curves are obtained after administration of glucose in the fasting state though schizophrenics were found to give a very flat curve under these conditions. In untreated diabetics the activator response is usually lacking; in its stead strong inhibition may be observed. In insulin-treated diabetics on the other hand activation effects prevailed.

These are only a few examples out of a large number of experiments; they were quoted to illustrate the type of problem which is being investigated and the results that may be obtained.

In the course of these experiments it was found that extracts of washed human red blood cells ("hæmolysates") invariably have a very strong activating effect on rat brain hexokinase. This effect has been studied in detail, and although it has not yet been possible to find an entirely satisfactory explanation, a number of possibilities were ruled out. The results so far indicate that the effect is due to the presence of a specific and fairly heat-resistant protein which is not identical with hexokinase.

#### STUDIES ON INSULIN SHOCK THERAPY.

It has been shown by Mayer-Gross and Walker (1949) that insulin coma could in many cases be terminated by the intravenous injection of glutamic acid. These authors expressed the opinion that the effect was the result of a direct action of glutamic acid on the cells of cerebral cortex. For various reasons this interpretation seemed improbable to us and we assumed, as a working hypothesis, that glutamic acid acts by stimulating the secretion of adrenaline which in turn would lead to mobilisation of liver glycogen and a rise of blood sugar. We were able to support this view by a number of observations. An attempt has also been made, by a critical review of the literature, to show the adrenergic character of the effects of glutamic acid in the treatment of convulsive disorders and of mental deficiency.

A study has been made of concentration changes of various blood constituents during insulin shock treatment. Of particular interest in this respect was the behaviour of adenosine triphosphate. This substance was estimated in blood for the first time by a specific enzymic method and was found to increase slightly during the later stages of hypoglycæmia. In addition, the blood levels of calcium and of citrate were determined and both were found to be diminished.

The estimations of citric acid in blood were carried out by a new method developed in this laboratory, which represents a considerable advance compared with previous methods, and has already been adopted by many biochemists.

#### MISCELLANEOUS.

The method of citric acid estimation was originally devised in connection with experiments on the enzyme aconitase, a member of the family of enzymes concerned with the combustion of glucose. This enzyme proved to be exceptionally tragile and it eventually became clear that in the absence of facilities for refrigerated centrifugation further progress was not possible. Although a considerable degree of purification had been achieved the work has been interrupted for the time being.

Other work at present in progress is concerned with the effect of molybdate on the hydrolysis of various biologically important phosphate esters.

A photoelectric spectrophotometer, a new instrument of great usefulness in many biochemical investigations, has recently become available. It is intended to study, with its aid, the concentration of coenzymes in brain and the effect thereon of malononitril, an agent of therapeutic importance in psychiatry. Preliminary work is already under way.

## (b) PSYCHOLOGICAL.

CLINICAL SERVICING.

During 1949 more than 200 patients and 50 nursing applicants have been referred to the Department for intellectual and personality assessments.

It is proposed to correlate the test results of nursing applicants with examination successes.

RESEARCH.

Three inter-related projects are at present on hand:-

- 1. Differences in intellectual efficiency in relation to the various clinical groups assessed by Progressive Matrices and the Mill Hill Vocabulary Scale.
- 2. A modification of the Porteus Maze Test has been developed to assess temperamental differences between psycho-neurotic groups. For this purpose the co-operation has been obtained of two other hospitals, a large industrial firm, and a University department.
- 3. Characteristic differences in the responses of the various clinical groups to the Thematic Apperception Test are being studied.

## (c) CLINICAL.

Standardized tests of intellectual capacity were employed by Dr. Tow to assess intelligence before and after the full standard operation of prefrontal leucotomy. They were used mostly on sane patients in order to attempt to estimate the effect on intelligence of the loss of the prefrontal lobe.

In addition a number of special experimental procedures were carried out on such subjects to study behaviour and personality in certain aspects, such as speed of work, accuracy, persistence, fatigue, carefulness, attitudes to work and pleasure.

A start was made in research on the existence and nature of any intellectual or temperamental change due to electronarcosis.

The effect of parenteral administration of desoxy-corticosterone acetate with ascorbic acid is being studied in a number of cases of depression. A preliminary communication on this subject has been made by Dr. Cranswick. The work is proceeding.

## (d) ELECTROENCEPHALOGRAPHY.

During the year 1st July 1948 to 30th June 1949, 364 EEG examinations and 24 electrocardiagrams were carried out in the department.

Of the EEG's 236 were in-patients, 51 were out-patients from the hospital's clinics, 68 were sent from other hospitals and Local Authorities and 9 were animal experiments.

RESEARCH.

The following problems were investigated:-

- 1. Determination of the limits of normality for the use of the wave analyser.
- 2. EEG's of psychotic patients.
- 3. The effects of drugs; myanesin, dibenamine, etc.
- 4. Photic stimulation in cases of psychoses and localised brain lesions.
- 5. Study of the performance, and improvement of the wave analyser.

The department of neuropathology is now being organized. The laboratory has been completed and equipped. Dr. J. A. N. Corsellis has been seconded to the Maudsley Hospital under Professor Meyer for a time and will take up his duties at Runwell in about twelve months' time.

## PAPERS PUBLISHED, OR IN THE COURSE OF PUBLICATION, SINCE LAST YEAR'S REPORT ARE AS FOLLOWS:-

- "The Importance of an Agreed Subjective Criterion in the Interpretation of Certain Questionnaires and Projection Tests."—G. A. Foulds.—Jour. of Personality, 17, 2, December, 1948.
- "Late Social Results of Prefrontal Leucotomy"—R. Ström-Olsen and P. Macdonald Tow.—Lancet I, 1949, p. 87/90.
- "The Microestimation of Citric Acid."—H. Weil-Malherbe and A. D. Bone. —Biochem. Jour. 45, 377, 1949,
- "A Case of Cerebral Lesion undergoing Photic Stimulation."—S. L. Last and Norman Ellis.—Read at Meeting of EEG Society, February, 1949.
- "Effects of Human Plasma and Erythrocyte Lysates on Hexokinase Activity."

  —H. Weil-Malherbe.—Paper read at First International Congress of Biochemistry, Cambridge. August, 1949.
- "The Action of Glutamic Acid in Hypoglycæmic Coma." H. Weil-Malherbe.—Jour. Ment. Sci. 95, 930, 1949.
- 'The Mechanism of the Glutamic Acid Effect in Hypoglycæmic Coma."—
  R. Ström.-Olsen and H. Weil-Malherbe.—Read at Quarterly Meeting of the Royal Medico-Psychological Association,—February 23rd, 1949.
- "An Inhibitor of Hexokinase in the Plasma of Diabetics." H. Weil-Malherbe.—Nature 165, 155, 1950.
- "The Concentration of AdenosineTriphosphate, Citric Acid and Calcium in the Blood during Insulin Shock Therapy."—H. Weil-Malherbe.—Jour. Ment. Sci. 96, 402, January, 1950.
- "The Effect of Myanesin on the EEG of Animals."—S. L. Last and H. Weil-Malherbe.—Read at the Meeting of the EEG Society, January 7th, 1950.
- "Characteristic Projection Test Responses of a Group of Defective Delinquents."—G. A. Foulds.—Brit. Jour. of Psychol. XL, 3rd March, 1950.
- "Deoxycortone with Ascorbic Acid in Mental Disorder."— E. H. Cranswick and T. C. Hall.—Lancet, 25th March, 1950, p. 540.
- "The Significance of Glutamic Acid for the Metabolism of Nervous Tissue." H. Weil-Malherbe. (In the Press.)
- "Effects of Blood Constituents on Brain Hexokinase." -- H. Weil-Malherbe and A. D. Bone (In the Press.)
- "Electroencephalography. S. L. Last.— The Overseas Post-grad. Med. Jour. Vol. III., p. 415.

#### Staff Matters.

Drs. E. de C. Kite and Max Valentine have left to take up appointments elsewhere. I am very glad to report that the Medical Research Council have seen fit to give a grant for an assistant research worker to Dr. H. Weil-Malherbe to work in the laboratories at Runwell. This post will be filled very shortly. The medical establishment is not yet up to strength but it is hoped that the vacancies will be filled in the near future.

The nursing staff to-day consists of 75 male and 107 female nurses. Seventeen male and 12 female nurses possess the final certificate in mental nursing of the General Nursing Council, and 35 male and 19 female nurses the final certificate of the Royal Medico-Psychological Association. Five male and 1 female nurses and the theatre Sister possess the general training certificate of the G.N.C. Three male and three female nurses have been seconded to other hospitals for their general training.

To my medical colleagues and to senior officers I wish to express my sincere thanks for their loyal co-operation throughout the year.

In conclusion may I express to the members of the Management Committee my appreciation of their continued support in all matters concerning the treatment and welfare of the patients in the hospital.

I am, Mr. Chairman,

Ladies and Gentlemen,

Your obedient Servant,

ROLF STROM-OLSEN,
Physician Superintendent.

# Report Made by Two Commissioners of the Board of Control

On their visit to Runwell Hospital, on 3rd March, 1948.

RUNWELL HOSPITAL, WICKFORD, ESSEX.

3rd March, 1948.

It is as unusual as it is pleasant to visit a Mental Hospital where there is so much to admire and so very little to criticise, and where the standards of medical and nursing care are so high. Dr. Ström-Olsen and his Committee may well be proud of their Hospital and of the condition in which it will be transferred to the Regional Hospital Board as agents for the Minister of Health.

There are at present 1,024 patients in residence, 389 men and 635 women, 130 of the former and 162 of the latter being here on a Voluntary basis, while four of the men and 15 of the women are temporary patients.

During 1947 there were as many as 540 direct admissions, 201 men and 339 women, 4/5 of these cases having come to the Hospital straight from home, while of the total, only 83 patients were admitted under certificate. These statistics are remarkable and impressive.

In the same year 150 men and 276 women departed or were discharged, 21 men and 26 women were allowed out on trial, and no fewer than 184 men and 277 women enjoyed periods of leave.

The parole figures are high, and indeed the measure of liberty allowed to patients is generous and wise.

The Nursing staff has still further improved numerically, there being now 68 male and 98 female nurses, seven of the latter being employed part-time only; 12 male and 14 female nurses are on duty at night. Thirty-seven of the men and 24 of the women are certificated or registered as mental nurses, and in

addition 10 men and 5 women have passed the preliminary examination only. Two female nurses are employed on the male side. The nursing staffs have the assistance of ward-maids in most wards on both sides of the Hospital; a Hospital omnibus takes these maids from and to their homes.

We are particularly impressed by the excellent arrangements here for the medical care and the nursing of members of the nursing staffs who may become ill, and we are glad to know that every nurse has a thorough medical examination annually. There is a Nurses' Social Club.

We had no complaints from patients which were not obviously attributable to their mental condition, and it seems to us that the relations between patients and staff are excellent. Patients' clothing is very good indeed, and we noted specially in this connection the men's overcoats.

The dietary appears to be adequate, and it is certainly well varied. We understand that in general patients, even those who do not go early to bed, are not provided with any kind of supper, and we think an effort should now be made to serve a light supper to all those who do not go to bed soon after tea.

Patients who are classed as employed receive pocket money up to a maximum of 3/6 a week, but there is now no free issue of cigarettes or tobacco. Formally 20 cigarettes, or the equivalent in tobacco, was a free issue, and patients also received tokens valued at 1/6 which they could exchange for goods in the Canteen. They are therefore now correspondingly worse off.

The villas generally are in first rate order, though, as was generally anticipated, the flat roofs have been a frequent source of trouble. In most of the day rooms the curtains are very attractive and the rooms are very comfortable, bright, and cheerful. We were shown some very good new plastic table tops which are proving to be most useful in some of the wards.

The Library, the Hairdressing Saloon, and the Canteen have been the subject of favourable comment in previous entries.

In 1947, 33 men and 43 women died. Post-mortem examinations were held on 59 of these 76 deaths. The mortality rate for the year was 7.6%. Old age, directly or indirectly, accounted for most of the deaths. Four male patients died from tuberculosis, and there are at present five men and four women suffering from this complaint. These patients are

accommodated in excellent isolation units, with every facility for their treatment. A specialist in chest diseases visits the Hospital once a week to see these cases. This Hospital still remains free from intestinal infections.

Since the last visit two inquests have been held, and 18 casualties of a more or less serious nature have been recorded. Of these two were dislocations following convulsion treatment. It is worthy of note that seclusion has only been used in the case of one patient, and that for a total period of 30 hours only.

We were impressed by the excellence of the sick and infirmary wards, the two being kept distinct as far as possible. We consider too that the standards of nursing and of general medical diagnosis, treatment, and care are high, full use being made of the services of a consultant staff.

The excellence of the theatre and all other departments for special investigation and treatment has been mentioned before. We should, however, like to mention particularly here the introduction of a scheme by which all syringes are, before use, assembled and sterilised by hot air, and stored in cellophane-covered tubes. Apart from other advantages, this is economical as it eliminates breakages from boiling. An electric tablet-making machine is also said to be highly economical as purchase tax is not paid on raw materials.

All the usual forms of modern treatment are used on an extensive scale. The occupation therapy department is very well organised, and continues to do most valuable work. There is in this Hospital a remarkable atmosphere of enthusiasm and medical activity. Despite the many calls on the time of the medical officers, a considerable amount of original research is always in progress. In this connection a new director of research has been appointed since the last visit.

The Medical Library, which is one of the best of its kind, must be a great help in fostering the work of the department.

The Laboratories and the EEG Department have been described before, but we should like to mention the purchase of a Wirex Recorder. This instrument makes possible the recording of interviews with patients, and other matter, and it is considered to be of great value for teaching, and for the treatment of certain psycho-neurotic patients.

Out-patient clinics are held at Southend and East Ham Hospitals, as described in the last entry.

The Physician Superintendent, Dr. R. Ström-Olsen, has Dr. S. L. Last as his Deputy. Drs. R. H. Smith, P. D. Scott, and G. A. van Someren are Senior Physicians, and Dr. H. Bevan Jones and Dr. E. H. Cranswick are Assistant Physicians, while there are three House Physicians. Dr. H. Weil-Malherbe is Director of Research. Dr. P. M. Tow is Beit Fellow and post-graduate Research Student, and Dr. J. Bierer is the visiting Psychotherapist.

We should like to thank Dr. Ström-Olsen and those of his colleagues who accompanied us today for their assistance.

(Signed) N. C. CROFT COHEN.

E. N. BUTLER.

Commissioners of the Board of Control.

## THE RESIDENT CHAPLAIN'S REPORT.

Mr. Chairman, Ladies and Gentlemen,

It is my privilege and honour to present to you my fourth Annual Report.

In these days, when occupational therapy is playing such an important part in a patient's life in hospital, occupation with the Christian Religion and Sacraments is playing an even greater part. In the Parable of the Empty House (S. Lk. 11, 25), we are told about a mental patient who, after a long mental illness has recovered. The "unclean spirit" of depression, or of excitement, of lust, or of sadistic desire has "gone out." The patient is convalescent. If he is to become whole, he must be so filled with new and healthy interests, that there is not the smallest room for the return of even one devil. There is no more healthy and powerful interest than the Christian Religion, for it is through the Christian Religion, that growth in the mental and spiritual life is possible. To be a whole person, one needs to be whole in mind as well as whole in body. A starved body is a danger: so is a starved soul. Through the Hospital Chapel, many souls have been fed and led to wholeness of life. The large number of patients who tell me from time to time of the peace they find in the Chapel testifies to its frequent use for private prayer and meditation.

The Library continues to flourish: about three hundred books have been added during the year. The usual patients' outings, concerts, dances, football and cricket matches have taken place. This year we have had, in addition, six concerts from the Council for Music in Hospitals, which were much appreciated.

My personal thanks are due to Dr. Ström-Olsen and members of the staff for their support and encouragement.

I have the honour to remain,

Ladies and Gentlemen,

Yours respectfully,

P. F. H. How,

Resident Chaplain.

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